

CALL FOR CONFIDENTIAL ASSISTANCE AND COUNSELING

- Marital/Family Problems
- Drug and Alcohol Problems
- Job Stress
- Emotional Problems

Contact Your EAP Representative

CALL (757) 393-1392

1-800-677-5327

How Does It Work For You?

What is an Employee Assistance Program (EAP)?

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The Employee Assistance Program is available to help you with any type of personal problem that may be upsetting your personal life, your job, or your family.

What kind of problems will the program help me with?

- Help for emotional problems
- Help for family problems
- Help for alcohol or drug related problem
- Stress reduction assistance

What should I do if I have a problem?

You can reach the Employee Assistance Program by contacting your E.A.P. representative. Call (757) 393-1392 during working hours or 1-800-677-5327 twenty four hours a day.

What can I do in case of an emergency?

Specially trained counselors are on duty 24 hours a day. Call (757) 393-1392 or 1-800-677-5327. Tell them that you are enrolled in the

E.A.P. program. Give your first name and phone number. A counselor will call and assist you immediately.

Will talking with someone in the E.A.P. hurt my job security or chances for promotion?

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No. Agreement to ask for and accept help will not hurt your job security or chances for promotion. Your getting help is a benefit to your employer. That is why you are enrolled in the E.A.P.

Will anyone know if I call for help?

Any call for help will be handled in a strictly confidential manner. Within the guidelines of laws regarding confidentiality, we can only release information if you sign an agreement that you want us to discuss your situation with anyone.

Who will pay for the cost of the assistance?

You may receive, if necessary, a counseling session with an E.A.P. counselor without cost to you. Any further counseling and treatment cost will be covered by employee insurance or special discounted rates through the E.A.P.